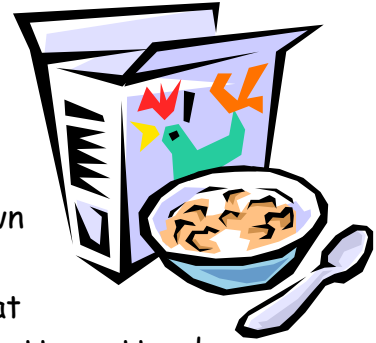


Nutrition News: Breakfast- The 1st Step to Success



Breakfast provides kids with the fuel they need to perform their best at school. Numerous studies have shown the benefits of eating a good breakfast. Yet, 15% of kids start the school day off on an empty stomach. Kids who eat breakfast learn better, participate in class more, behave better, attend school more often, and visit the school nurse less compared to kids who skip breakfast.

Improved school performance isn't the only reason breakfast is important. Breakfast contributes significantly to the quality of your kid's diet. Kids who eat breakfast have an overall better diet than those that don't. Without breakfast, it is hard to get adequate fiber and vitamins and minerals such as calcium, folate, vitamin A, C, and B12 in the diet. Lastly, eating breakfast has been shown to help control weight by helping establish a regular eating pattern. Kids and adults who eat breakfast are less likely to overeat later in the day and tend to eat fewer snacks high in fat and sugar.

In a time crunch? A healthy breakfast can be quick and easy to fix and eat. Try peanut butter on whole-wheat toast, a fruit smoothie, yogurt and fruit, cereal with fruit and milk, a toasted waffle topped with fruit and yogurt, or fill a tortilla with scrambles eggs and salsa.

The evidence is clear, eating breakfast leads to better learning, behavior and health. So teach your kids to fuel up before starting the day now, because the habits they learn today will be with them for a lifetime.